

Qigong Training for beginners

Daily practice schedule

Qigong exercises should be practised with slow deep breathing, always breathing in and out through the nose, not the mouth. The tip of the tongue should be lightly placed on the roof of the mouth with the jaw relaxed and shoulders down.

Qigong is beneficial for health if practised daily. The exercises should be performed in a rhythmic relaxed way. The Chinese principle of training a little every day builds good root and encourages Qi cultivation. (10 – 15 minutes is sufficient to start with)

Special attention should be made to ensure you practise in the correct stance in a relaxed posture. (Repeat exercises a minimum of 10 times)

After completing your Qigong exercises gather in the Qi and bring the energy back to the centre - Dan Tien.

Times and numbers of repetitions are just guidelines. Do not over do anything, just as much as you feel like, and pick from the exercises you know below. Get in the habit of stretching a lot this will help you relax and keep the muscles loose and improve flexibility.

Qigong - Ready Stance

Sparrow shaking the earth – 2- 3 minutes (Good warm up)

Knocking on the door of life (good warm up and don't forget forward and back stances, full and empty) - 3 minutes

Balancing the Qi - 3 - 5 minutes

Opening a Fan - 30 times

Stance on one Leg - Warrior Stance (golden cockerel)

Qigong - Front Stance

Embracing Arms - 20 each leg

Grasping the Birds Tail - 20 each leg

Seven Stars Stance - hold in a back stance - work up to 1 minute each leg

Qigong - Horse Stance

Classic Traditional pushing arms - forward out and up - 30 times

Gathering Qi - 30 times

Tiger embracing head – 2 - 3 minutes

Holding a Tree Stance - eventually getting up to 10 minutes (start off with 3 minutes)

Note:

Always remember to hold the correct posture while practising

Keep your shoulders down

Keep the movements continuous, fluid and smooth. (no stopping points)

Use slow smooth long even breaths. This will provide maximum benefit to your training.

Stance holding should be challenging and gradually work up to holding for longer periods

To gain the full benefit of any training program will require that you attend a Tai chi or Qigong class to ensure that your posture and stances are correct.